



# CAMOSUN COLLEGE

School of Health and Human Services (HHS)  
Department: Community, Family & Child Studies

CSEA 120 Health and Wellness  
Fall 2018

## COURSE OUTLINE

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The course description is available on the web:  
<http://camosun.ca/learn/calendar/current/web/csea.html#csea120>

Ω Please note: This outline will not be kept indefinitely. It is recommended students keep this outline for their records, especially to assist in transfer credit to post-secondary institutions.

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### 1. Instructor Information

- (a) **Instructor** Shelley Skwara  
(b) **Office hours** Please e-mail  
(c) **Location** F314  
(d) **Phone** 250-370-3473 **Alternative:** Click or tap here to enter text.  
(e) **E-mail** SkwaraS@camosun.bc.ca  
(f) **Website** N/A

### 2. Course Description & Intended Learning Outcomes

Students will develop the foundational skills and knowledge needed to support the health and wellness of people with disabilities and themselves. Students learn through theory and practice to provide safe, effective and respectful personal assistance including lifts and transfers, personal hygiene, nutrition, bathing, and positioning.

Upon successful completion of this course, you will be able to:

- provide safe, effective and respectful person-directed care with children, youth and adults with disabilities.
- use appropriate resources and strategies to support the health and wellness of children, youth and adults with disabilities.
- provide personal supports that meet the needs of individuals with specific health conditions.
- describe the process of ageing and the effect of ageing on health and wellness.

### 3. Required Materials

#### Textbooks/Resources:

- Sorrento, Sheila, Mosby's Canadian Textbook for the Support Worker, (3rd Cdn. Ed.) Published by Elsevier Canada, Toronto, ON, 2012
- Meals and More, A Food and Nutrition Manual for Homes of Adults and Children with 24 Persons or Fewer in Care. Available online at [http://www.health.gov.bc.ca/library/publications/year/2008/Meals\\_and\\_More\\_Manual.pdf](http://www.health.gov.bc.ca/library/publications/year/2008/Meals_and_More_Manual.pdf)

- CSEA 120 Seizure Management Self Learning Module (on D2L)
- A medical dictionary of your choice may be helpful and is optional.
- Access to a computer is important to further your acquisition of knowledge and resources.

#### 4. Course Content and Schedule

\*Schedule is subject to change with availability of learning resources and class pace of learning.

Additional readings/resources will be provided intermittently throughout the course through D2L. All readings, videos, and assigned learning activities must be completed before classes and labs.

Week	Dates	Topics
1	September 6 & 7	<ul style="list-style-type: none"> <li>• Role of the Support Worker (Chpt. 1)</li> <li>• Health, Wellness, Illness, and Disability (Chpt. 4)</li> </ul>
2	September 13 & 14	<ul style="list-style-type: none"> <li>• Stress, Burnout, and Relaxation (Chpt. 7)</li> <li>• Pain, Comfort and Sleep (Chpt. 12)</li> </ul>
3	September 20 & 21	<ul style="list-style-type: none"> <li>• Recording and Reporting Client Care (Chpt. 14)</li> <li>• Vital Signs (Chpt. 15)</li> </ul>
4	September 27 & 28	<ul style="list-style-type: none"> <li>• Safety (Chpt. 22)</li> <li>• Infection Control (Chpt. 23)</li> </ul>
5	October 4 & 5	<ul style="list-style-type: none"> <li>• Skin Care (Chpt. 24)</li> <li>• Exercise and Activity (Chpt. 26)</li> </ul>
6	October 11 & 12	<ul style="list-style-type: none"> <li>• Body Mechanics (Chpt. 25) -lifts, transfers, positioning</li> </ul>
7	October 18 & 19	<ul style="list-style-type: none"> <li>• Nutrition (Chpt. 28)</li> <li>• Support for Feeding (Chpt. 29)</li> </ul>
8	October 25 & 26	<ul style="list-style-type: none"> <li>• Personal Hygiene and Elimination (Chpt. 30, 32, 33)</li> <li>• Grooming and Dressing (Chpt. 31)</li> </ul>
9	November 1 & 2	<ul style="list-style-type: none"> <li>• Task Analysis and Data Collection -grooming, dressing, feeding</li> </ul>
10	November 8 & 9	<ul style="list-style-type: none"> <li>• Hearing and Visual Impairments (Chpt. 40)</li> <li>• Considerations for Specific Diagnoses</li> </ul>
11	November 15 & 16	<ul style="list-style-type: none"> <li>• Aging (Chpt. 21) -physical, emotional, and cognitive changes</li> </ul>
12	November 22 & 23	<ul style="list-style-type: none"> <li>• Medications and Thermal Agents (Chpt. 43 &amp; 44)</li> <li>• Lab Skills Review and Practice</li> </ul>
13	November 29 & 30	<ul style="list-style-type: none"> <li>• Review</li> <li>• Lab Skills Check</li> </ul>
14	December 6 & 7	<ul style="list-style-type: none"> <li>• Review</li> <li>• Lab Skills Check</li> </ul>
EXAM	December 13	<ul style="list-style-type: none"> <li>• Case studies and short answer format</li> </ul>

#### 5. Basis of Student Assessment (Weighting)

##### Assignments and Evaluation of Learning

Projects	50%
Final Exam	40%
Participation	10%
Lab Skills Check	Pass or Fail

All coursework must be completed to fulfill the requirements of this course. Grades will be assigned according to Camosun’s grading policies. Please refer to your CSEA Handbook for information regarding Exam Policies and Testing Procedures.

The passing grade for CSEA 120 is 60% or “C”. Additionally, students MUST achieve a “Pass” in the Lab Skills Check at the end of the semester in order to receive a passing grade in the course, regardless of the letter grade achieved in the academic portion of the course. Attendance at each lab is mandatory.

### Projects

As noted, 50% of your final grade will be determined by the completion of 5 assignments. Individual and group assignments will be used to demonstrate your integrated understanding of health and wellness issues and skills.

### Participation

As noted, 10% of your final grade will be determined by your participation in both the classroom and lab. The following are some examples of the criteria that will be considered when this grade is being calculated:

- Arriving on time, returning from breaks on time, and staying until the end of the class/lab
- Coming to class prepared and well-researched for the topics being discussed
- Actively participating in lab sessions—not just “supervising” or “observing”
- Participating and contributing to classroom discussion; supporting the learning of others
- Being respectful of the ideas and opinions expressed by others and recognizing that everyone learns differently
- Refraining from disruptive behaviour i.e. background chatter, eating during class, using cell phones, texting, leaving classroom while class is in session, sleeping during class, etc.
- Adhering to the classroom norms

## 6. Grading System

- Standard Grading System (GPA)
- Competency Based Grading System

## 7. Recommended Materials to Assist Students to Succeed Throughout the Course

[Click or tap here to enter text.](#)

## 8. College Supports, Services and Policies

### Immediate, Urgent, or Emergency Support



If you or someone you know requires immediate, urgent, or emergency support (e.g., illness, injury, thoughts of suicide, sexual assault, etc.), **SEEK HELP**. Resource contacts:

<http://camosun.ca/about/mental-health/emergency.html> or  
<http://camosun.ca/services/sexual-violence/get-support.html#urgent>

## College Services

Camosun offers a variety of health and academic support services, including counselling, dental, centre for accessibility, help centre, learning skills, sexual violence support & education, library, and writing centre. For more information on each of these services, visit Student Services at <http://camosun.ca/services/>

## College Policies

Policies are available on the College website at <http://camosun.ca/about/policies/>

Camosun strives to provide clear, transparent, and easily accessible policies that exemplify the college's commitment to life-changing learning. It is the student's responsibility to become familiar with the content of College policies.

Education and academic policies include, but are not limited to, [Academic Progress](#), [Admission](#), [Course Withdrawals](#), [Student Appeals](#), Medical/Compassionate Withdrawal, Sexual Violence and Misconduct, Student Ancillary Fees, and Student Penalties and Fines.

## Student Conduct Policy

There is a [Student Conduct Policy](#). It is the student's responsibility to become familiar with the content of this policy. The policy is available in each School Administration Office, Registration, and on the College website.

## A. GRADING SYSTEMS

<http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf#page=2>

The following two grading systems are used at Camosun College:

### 1. Standard Grading System (GPA)

Percentage	Grade	Description	Grade Point Equivalency
90-100	A+		9
85-89	A		8
80-84	A-		7
77-79	B+		6
73-76	B		5
70-72	B-		4
65-69	C+		3
60-64	C		2
50-59	D		1
0-49	F	Minimum level has not been achieved.	0

### 2. Competency Based Grading System (Non GPA)

This grading system is based on satisfactory acquisition of defined skills or successful completion of the course learning outcomes.

Grade	Description
COM	The student has met the goals, criteria, or competencies established for this course practicum or field placement.
DST	The student has met and exceeded, above and beyond expectation, the goals, criteria, or competencies established for this course, practicum or field placement.

NC	The student has not met the goals, criteria or competencies established for this course, practicum or field placement.
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## B. Temporary Grades

Temporary grades are assigned for specific circumstances and will convert to a final grade according to the grading scheme being used in the course. See Grading Policy at <http://www.camosun.bc.ca/policies/E-1.5.pdf#page=4> for information on conversion to final grades, and for additional information on student record and transcript notations.

Temporary Grade	Description
I	<i>Incomplete:</i> A temporary grade assigned when the requirements of a course have not yet been completed due to hardship or extenuating circumstances, such as illness or death in the family.
IP	<i>In progress:</i> A temporary grade assigned for courses that are designed to have an anticipated enrollment that extends beyond one term. No more than two IP grades will be assigned for the same course.
CW	<i>Compulsory Withdrawal:</i> A temporary grade assigned by a Dean when an instructor, after documenting the prescriptive strategies applied and consulting with peers, deems that a student is unsafe to self or others and must be removed from the lab, practicum, worksite, or field placement.